

WORLD NOMAD GAMES 2016

**COMPETITION RULES OF
GORESH**



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GAMES**

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Competition rules of goresh.

I. General regulations.

Turkmen national wrestling goresh is a kind of wrestling on belts that has ancient roots. In historic sources there are some articles where reported that not only men but also women of the ancestors of the Turkmen people, possessed techniques of wrestling.

Famous wrestlers patronized the most talented students and taught them in order to prepare them to become palvans – masters of wrestling. Then that very palvans eventually passed on the accumulated experience to their students. Turkmen wrestling goresh, through the ages carefully transmitted from generation to generation, and have reached our days in its original form.

In goresh wrestlers need to earn points by forcing the opponent to touch the mat with any part of the body except a foot.

II. Competition methods.

In goresh competitions the following methods are used:

- round system;
- “shootout” system;
- mixed system;
- team system.

During the competition by round system athletes compete with all wrestlers in the same weight category. If there are many wrestlers in one weight category, then they divide into two groups in which wrestling is held in round system. Further, from each group athletes who took 1st and 2nd places meet in the final.

According to the “shootout” system, wrestler who has lost once is eliminated from the competition.

According to the mixed system, wrestler first competes in round system than he continues on “shootout” system.

According to the team system only one athlete from each team in weight category is allowed to participate. Participating teams are fighting one on one in the competition.

Wrestling mat.

Wrestling mat has 3 zones:

- wrestling zone. Its diameter is 7-9 m. At the international competitions - 9 m;
- passive zone. It is located behind the wrestling zone and marked in red. Its width is 1 meter;

- protection zone is located after the passive zone. Its width is about 1,5-2,0 meter.

Table of the mat chairman marked green from the left side and blue from the right.

If a wrestler enters the passive zone, referee pronounces command “zone”. After this command wrestlers should come to the center of the mat. If a wrestler won't take place in the center after the command or will go out of the wrestling mat (as for a referee this occasion called “passive” or “giving up attack”), then he is given a warning.



At a distance of 2 meters around the wrestling mat is not allowed to put objects that may cause injury to the fighters.

III. Participants of competition.

Competitions are held among men in the absolute weight category over 80 kg. Wrestlers older than 18 years are allowed.

The duration of the bout is 4 minutes.

IV. Weighing procedure.

Weighing is held a day before the competition and lasts for 1 hour. Scales used for weighing available during 1 hour before the beginning of the official procedure of weighing that athletes could check their weight.

Wrestlers who was late to the weighing procedure are not allowed to the competition. A wrestler, attending the weighing must bring and show his passport or document identifying his personality.

Weighing is held by groups, appointed by chief referee of the competition. The group includes deputy chief referee, a physician, the secretary of the competition and 2-3 referees.

V. Competitors' form of dressing.

Clothing of the wrestlers consists of red or green sport shirt, white trousers, blue belt with soft cloth and sport shoes. Shoes should be soft non-slip sole, without iron elements.

The length of the belt for adult athletes is 150-200 cm; its width is 4-7 cm. Without fulfilling of the requirements for clothing, participant is not allowed to participate in the competitions.

VI. Refereeing of competition.

Panel of judges of the competition is appointed by Federation and adopted by the competition organizers.

It includes the Chief Referee, Deputy Chief Referee, the Chief Secretary of the competition, the mat chairman, referee, side referee, timekeeper, referee in charge, announcer, participants companion, and physician.

Judgment of the bout is held by mat chairman, referee and side referee. Techniques and actions of the wrestlers are evaluated by each referee independently.

All referees must wear a uniform approved by the Federation.

Referee wears green armband on right hand, red colored on left hand. He evaluates technique or the action of a wrestler with that hand, armband's color of which corresponds to the uniform of the wrestler. Whistle signal means start, stop and continuation of the bout.

Referee stops the bout in the following cases:

- If a wrestler (or wrestlers) not active enough during the bout;
- After conducting a technique;
- If a prohibited technique was conducted;
- If a wrestler (or both of them) go out of the mat;
- If a wrestler will get injury or feel himself bad;
- If a clothing of an athlete is inappropriate to the rules;
- If a wrestler is given a warning;
- If a mat chairman demands to stop the bout (for different reasons);
- If a wrestler will ask to stop the bout.

VII. The beginning of the bout.

A first wrestler stands on the mat by the left side of mat chairman, marked green. A second wrestler stands by the right side of the mat chairman, marked red. Mat chairman introduces wrestlers to spectators, declares their first names, last names and teams they belong to.

By the signal of the referee wrestlers come to the center of the mat and shake hands. Referee checks the wrestlers' uniform, then, they take their initial positions on the mat. Standing in the initial position, wrestlers pass right hand under the left hand of an opponent, palms are shoved under the belt, left hand above the right hand of an opponent and hold hands passing through the belt.

A wrestler may hold the belt of an opponent with any hand. The distance between hands behind the back of an opponent must be 25-30 cm.

Wrestlers' hands must easily touch the chest, knees must be slightly bent, chest must be on the same level, and head must be on the shoulder of an opponent. It is prohibited to tilt, stretch or cuddle an opponent before the referee's whistle.

Belt is tied in such a way, that a wrist of an opponent might pass through.

A wrestler, got the point last, first grabs the belt in the short bout.

If none of wrestlers have won or both have zero points (0:0), then a wrestler, who got less cautions and notes will win. In case when wrestlers got equal amount of cautions and notes, a wrestler who got the last caution and note has right to refuse from starting the short bout.

VIII. Short bout.

A short bout held in the following way: wrestlers, standing in the circle with the diameter of 1 meter and touching each other with chests stand, touching with feet edges of the circle. Elbows of wrestlers must be bent. Chest must be on the same level. Head must be on the shoulder. It is prohibited to tilt down or pull the opponent to own side before the referee's whistle.

If one of the wrestlers before the whistle will go out of a circle with one or both legs and move away, or in opposite will cuddle the opponent, a referee by whistling will stop the bout and a wrestler will be given a warning. After repeated caution a wrestler will be given the second note. After the third note a defeat will be declared to a wrestler.

The weighing will be conducted if during one minute none of wrestlers will fall. A wrestler, whose weight is less, will become a winner.

IX. The evaluation of actions.

In order to win a clear victory (6: 0), the wrestler must knock down an opponent twice on his back so that he touched the mat with both shoulder blades.

A clear victory is counted in the following cases:

- If the difference in points is 6;
- If an opponent during the implementation of actions falls on his/her back;
- If an opponent is eliminated (disqualified) from the bout or competitions;
- If an opponent did not come to the bout;
- If an opponent is injured and dropped out the bout or by the conclusion of a physician didn't continue the bout;
- If an opponent received a note three times.

In the case when two wrestlers were in the same position or when both of them fell, in the result of which a controversial issue appeared, actions are not evaluated.

The wrestler will be given 2 points in the following case:

- If he forces to fall to one side of the back his opponent.

The wrestler will be given 1 point in the following cases:

- If the opponent falls on his stomach;
- If he makes the opponent to sit on his lap;
- If he makes the opponent touch the mat with his knee;
- If the attacking wrestler has not been fully performed the action, and the opponent manages to knock him down on his back or on the half-back.

Technical actions that started on the mat and finished outside are evaluated by referees.

All technical activities are valued by the first touch of any part of body. After that, the pressure on the opponent is not evaluated. After the fall wrestling is prohibited.

If a wrestler during the bout will begin to block the opponent's attacks by resting into the stomach, ribs or side, be passive, go beyond the mat during the bout, to pretend, to delay the time, to shy away from actions of attacking wrestler, in such cases, a wrestler can receive a note (the first, second, third). As a result of being passive a wrestler will be removed from the bout, regardless to the amount of points he got.

X. Prohibited actions and punishments.

While announcing cautions the referee explains its reasons to the wrestler by gestures.

Notes are given in the following cases:

- If a wrestler is in a weak defensive pose;
- If a wrestler is wrestling passive;



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- If a wrestler is trying to bring the opponent out of the mat;
- If a wrestler is passive after stopping and resumption of the bout;
- If a wrestler avoids of using any techniques and holds the opponent.

Cautions are given in the following cases:

- If a wrestler gets two notes;
- If a wrestler intentionally leaves limits of the mat by one or both feet;
- If a wrestler did not let the opponent to make a grip;
- If a wrestler abuts against his opponent's face, arm or chest by his own head;
- If a wrestler abuts against his opponent's ribs, side or stomach by his own fists;
- If a wrestler is talking during the bout;
- If a wrestler impedes against a short bout.

According to the following rule violations a wrestler (wrestlers) can be excluded from the bout:

- If during the bout or after its completion a wrestler will give rude remarks or will insult by words and actions his opponent, or referees;
- If a wrestler does not obey the referee's commands;
- If a wrestler is carrying prohibited items;
- If a wrestler does not come to the mat in 3 minutes;
- If a wrestler gets 3 notes.

The decision on disqualification of the wrestler makes the Chief Referee. Results of disqualified participants will not be taken into account and in such cases the place is not assigned.

According to the following cases of infringement of rules a wrestler can be declared disqualified:

- For various attacks committed against his opponent or referee;
- For committing prohibited actions that inflicted an injury to his opponent, after which he became not able to continue the participation in the competition;
- For unsportsmanlike actions;
- For a preliminary collusion about the bout results (dishonest wrestling);
- In case of cheating referees.

XI. Injuries and accidents.

If during the bout any accident happens or an athlete gets any injury, panel of judges after consulting come to the following decisions:

- If the injury caused by the fault of the injured person, the victory is awarded to his opponent;
- If the injury caused by the opponent, the victory is awarded to the injured person;
- If the wrestler feels himself bad and he is not able to continue the bout, the victory is awarded to his opponent;

- If one or both athletes are injured and there is no responsible one of that cause, the victory is awarded to the athlete who is able to continue the competition.

The bout will stop in case of any injuries and accidents. The duration of medical assistance for each athlete is 5 minutes and no more. If after 5 minutes the participant will not be able to continue the bout, he will be considered as defeated.